

**ABSTRACT OF THE DISCLOSURE**

An apparatus for slot-in exercise or for warming-up before exercising sports or games includes a resistance device (2) with a handle (4). The resistance device exercises resistance to a movement which occurs when the user pulls the handle (4). The resistance device (2) is secured on one end of a spacer (1), and an abutment (3) is secured on the other end of the spacer (1). The length and angle of the spacer may be adjusted to meet the user's needs. The abutment (3) is in contact with the user during exercise and transfers a part of the reaction forces from the resistance device (2) to the spacer (1). The abutment (3) is connected to sensors for sensing different exercise parameters which are then stored in a computer. The spacer (1) is supported by or included in a support member (6) which may be an item of furniture or a part thereof, but also a mobile unit, such as a golf cart, a cleaning trolley or a golf bag.

Publication figure. Fig. 1